

Experiences Related to Frustrations

This information was reported to Monroe Products and The Monroe Institute by individuals and/or by professional practitioners about the use of Hemi-Sync® in the late 1990s.

A teacher reported: The classroom was always chaotic, and I was totally frustrated. I now play different *Metamusic* tapes as background for various activities and find a completely different level of comfort in the room. Obviously, it's good for the children. And I know it's great for me."

Super Sleep, played continually throughout the night with an auto-reverse player, was highly successful in modifying a 3-year-old's disturbed sleeping behavior and helping him sleep through the night. Additionally, the child worked harder and more persistently at tasks, spoke more clearly, and accepted correction of his speech more readily, listened better, and was less easily frustrated, started to enjoy books and to sit still for stories to be read to him.

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